

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

9 Jan 2023 – 1 Oct 2023

✿ indicates retreats held in noble silence

#### ✿ Ten Day Vipassana Retreat

Jonathan Preboy and Anna Scharfenberg ..... Mon 9 Jan – Thu 19 Jan

#### ✿ Vipassana Meditation: How to realise ever-present mindfulness

Jonathan Preboy and Anna Scharfenberg ..... Fri 13 Jan – Sun 15 Jan

#### ✿ A Vipassana Retreat: The search for truth

Jonathan Preboy and Anna Scharfenberg ..... Sun 15 Jan – Thu 19 Jan

#### Gardening For Happiness: The Basics Of Gardening

Chris Dalzell ..... Fri 20 Jan – Sun 22 Jan

#### The Way of Ubuntu: Exploring traditional South African healing

John Lockley and Nomusa Mthembu ..... Fri 27 Jan – Mon 30 Jan

#### Happy Healthy Yoga For Healing And Harmony

Carol Segal ..... Fri 3 Feb – Sun 05 Feb

#### Shining Bright: Awaken The Authentic Leader Within

Rajes Govender ..... Sun 05 Feb – Tue 07 Feb

#### Getting To Know The Birds At The BRC: 160 Birds of a feather

Steve Davis ..... Fri 10 Feb – Sun 12 Feb

#### Creative Intuition Retreat

Theresa Hardman ..... Fri 17 Feb – Sun 19 Feb

#### ✿ The Practice Of Embodiment Through Therapeutic Yin Yoga, Therapeutic Sound And Mindfulness Meditation

Despina Forbes ..... Sun 19 Feb – Fri 24 Feb

#### Shine your Light : An Integrative Astrology Retreat Combining Astrology, SoulCollage® And Yoga

Corinna Botoulas and Duncan Rice ..... Fri 24 Feb – Sun 26 Feb

#### Qigong From The Daoist Mountain Wudang: Energy - Vastness – Stillness

Max Weier ..... Tue 28 Feb – Thu 02 Mar

#### Healing Qigong For Health And Vitality

Dr Hu Jin-Yun ..... Fri 03 Mar - Sun 05 Mar

#### Yin And Yang: A Yoga Retreat: Release, Relax And Restore

Georgie Carter ..... Fri 10 Mar – Sun 12 Mar

#### ✿ Pranayama Yoga

Cheryl Lancellas ..... Sun 12 Mar – Fri 17 Mar

#### From Fear To Fundamental Well-Being: Healing Relaxation, Yoga and Meditation

Albert Osel (Buhr) ..... Fri 17 Mar – Tue 21 Mar

#### Pathways To Dao: Qigong – Meditation – Wisdom

Max Weier ..... Tue 21 Mar – Thu 23 Mar

#### Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul Rinpoche ..... Fri 24 Mar – Sun 26 Mar

#### ✿ Open The Heart And Still The Mind: Embracing grief and gratitude with compassion

Sue Cooper ..... Thu 06 Apr – Mon 10 April or Thu 13 Apr

**Follow The Rainbow To Wholesome Health**

Debbie Rich and Sascha Türk ..... Fri 14 Apr – Sun 16 Apr

**The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind**

Katherine Fillmore and Jade Morey ..... Fri 21 Apr – Sun 23 Apr

**Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation**

Katherine Fillmore and Jade Morey ..... Sun 23 Apr – Thu 27 Apr

**Reclaim Your Power: A journey to inner balance**

Heike Sym ..... Fri 28 Apr – Mon 1 May

**☸ Under The Full Moon Of May: Wesak - celebrating 25 centuries of Buddhism**

Stephen Coan ..... Fri 5 May – Sun 7 May

**Mist Rising, Rain Falling: A Qigong Retreat**

Dianne Franklin ..... Sun 7 May – Fri 12 May

**☸ Spiritual Friendship: Making The Practice Ordinary And The Ordinary, Practice**

Ajahn Candasiri ..... Fri 12 May – Wed 17 May

**Speak Your Truth, Listen Deeply**

Lucy Draper-Clarke and Felicity Hart ..... Fri 19 May – Sun 21 May

**Compassion in Action**

Lucy-Draper Clarke ..... Fri 26 May – Sun 28 May

**Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 1**

John Homewood and Michelle McClunan ..... Fri 02 Jun – Sun 04 Jun

**Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 2**

John Homewood and Michelle McClunan ..... Sun 04 Jun – Tue 06 Jun

**Mindfulness And Movement For Life**

Kerri Martinaglia and Chrissi Preuss ..... Fri 9 Jun – Sun 11 Jun

**Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness**

Shanil Haricharan ..... Thu 15 Jun – Sun 18 Jun

**Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism effectively treat the struggles we face in life?**

Jason Ross ..... Fri 23 Jun – Wed 28 Jun

**☸ Saying Yes To Life -Taking Refuge In The Three Jewels**

Richard Chippindall ..... Fri 30 Jun – Sun 02 Jul

**Rejuvenating The BRC: A Family Retreat With Children In Mind**

Anisha Maharaj ..... Tue 4 Jul – Fri 7 Jul

**Traditional Hatha And Raja Yoga**

Duncan Rice ..... Fri 7 Jul – Sun 9 Jul

**☸ Active Hope - Practices For Difficult Times**

Tsunma Tsondu ..... Fri 14 Jul - Sun 16 Jul

**☸ Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living**

Tsunma Tsondu ..... Sun 16 Jul - Fri 21 Jul

**Yin And Restorative Yoga**

Phumla Shongwe ..... Fri 21 Jul - Sun 23 Jul

**Finding And Keeping Your Centre: Taking Care Of Ourselves In Order To Be Of Service To Others**

Tessa Pretorius ..... Fri 28 Jul - Sun 30 Jul

**Iyengar Yoga: Nudging The Body Into Shape And Health**

Judy Farah ..... Fri 4 Aug - Sun 6 Aug

**Iyengar Yoga: Deepening Your Practice**

Judy Farah ..... Sun 6 Aug - Fri 11 Aug

**Three Treasures For Mindful Living - A Pathway To Balance**

Bridget Hawkins ..... Fri 11 Aug - Sun 13 Aug

**Relaxation: Opening And Relaxing The Heart And Mind**

Pippa Cope ..... Fri 18 Aug - Sun 20 Aug

**Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves**

Pippa Cope ..... Sun 20 Aug - Tue 22 Aug

**Change Your Story - A Memoir Writing, Family Constellations And Meditation Retreat**

Dawn Garisch, Vasintha Pather, Alistair Blair ..... Mon 28 Aug – Sun 3 Sep

**The Roots Of Sacred Drumming: Exploring Natural Rhythms**

Richard Ellis and Marc Kress ..... Fri 8 Sep – Sun 10 Sep

**Yoga Mind, Body And Breath**

Marc Kress ..... Sun 10 Sep – Fri 15 Sep

**Yoga Mind, Body And Breath: A Journey Of Self-Discovery**

Marc Kress ..... Fri 15 Sep – Sun 17 Sep

**Healing The Family Tree: An Ancestor And Us Writing Retreat**

Dorian Haarhoff ..... Fri 22 Sep – Sun 24 Sep

**Between First In-Breath And Last Out-Breath: The Art Of Story-telling**

Dorian Haarhoff ..... Sun 24 Sep – Tue 26 Sep

**A Taste of Somatics: Feeling And Healing The Body From Within**

Lisa Firer ..... Fri 29 Sep – Sun 1 Oct